

ALARACT 142/2007 ADENOVIRUS DISEASE PREVENTION AND CONTROL, 261600Z JUN 07. This message advises that there has been a recent increase in Adenovirus infections (a group of viruses that infect the membranes (tissue linings) of the respiratory tract, the eyes, the intestines, and the urinary tract) at military installations resulting in a significant number of patients. Symptoms of respiratory illness caused by Adenovirus infection range from the common cold to pneumonia characterized by fever and chills, sore throat, cough, headache, and chest pain. In rare cases Soldiers have died because of complications from pneumonia. Commanders must ensure Soldiers follow the basic but highly effective preventive measures provided in this message to protect them from adenovirus infection.

Classification: **UNCLASSIFIED**

Caveats: NONE

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FM PTC WASHINGTON DC//ALARACT//

TO ALARACT

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SUBJ: ALARACT 142/2007

THIS MESSAGE HAS BEEN TRANSMITTED BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DACS-ZD//DAMO-DASG//
THIS ALARACT MESSAGE IS BEING SENT OUT ON BEHALF OF THE ACTING SURGEON GENERAL.

SUBJ: ADENOVIRUS DISEASE PREVENTION AND CONTROL

REF/AR 40-5/22JUL05/AMPN/PREVENTIVE MEDICINE//

1. (U) THERE HAS BEEN A RECENT INCREASE IN ADENOVIRUS INFECTIONS AT MILITARY INSTALLATIONS RESULTING IN A SIGNIFICANT NUMBER OF PATIENTS. SYMPTOMS OF RESPIRATORY ILLNESS CAUSED BY ADENOVIRUS INFECTION RANGE FROM THE COMMON COLD TO PNEUMONIA CHARACTERIZED BY FEVER AND CHILLS, SORE THROAT, COUGH, HEADACHE, AND CHEST PAIN. IN RARE CASES SOLDIERS HAVE DIED BECAUSE OF COMPLICATIONS FROM PNEUMONIA.

2. (U) COMMANDERS MUST ENSURE SOLDIERS FOLLOW THESE BASIC BUT HIGHLY EFFECTIVE PREVENTIVE MEASURES TO PROTECT THEM FROM ADENOVIRUS INFECTION.

2.A. (U) HAVE SOLDIERS WASH THEIR HANDS OFTEN, ESPECIALLY AFTER SNEEZING OR BLOWING THE NOSE, USING THE LATRINE, AND BEFORE CONSUMING FOOD. IF RUNNING WATER IS NOT AVAILABLE, HAVE SOLDIERS USE BABY WIPES OR ALCOHOL-BASED HAND SANITIZER.

2.B. (U) EDUCATE YOUR SOLDIERS TO COVER THEIR MOUTHS WITH THEIR SLEEVES WHEN SNEEZING OR COUGHING; HAVE THEM KEEP THEIR HANDS AWAY FROM THEIR EYES, NOSE AND MOUTH. ADDITIONAL INFORMATION CAN BE FOUND AT THE FOLLOWING URL:

http://usachppm.apgea.army.mil/NEWS/INFLUENZAWEBSITE/DOCUMENTS/FIGHTGERMS_STAYHEALTHY_20061010.PDF

2.C. (U) IF YOUR SOLDIERS HAVE FEVER, CHILLS AND PERSISTENT COUGH, GET THEM MEDICAL CARE AS SOON AS POSSIBLE. ALTHOUGH THERE IS NO

SPECIFIC TREATMENT OR VACCINE, THEY NEED TO BE EVALUATED TO RULE OUT OTHER SERIOUS CONDITIONS.

2.D. (U) IN SLEEPING QUARTERS, HAVE YOUR SOLDIERS SLEEP IN A FOOT TO HEAD PATTERN AND HAVE MAXIMUM POSSIBLE DISTANCE BETWEEN COTS. THE RECOMMENDED MINIMUM SLEEPING SPACE ALLOWANCE IS 72 SQUARE FEET PER PERSON.

2.E. (U) EDUCATE YOUR SOLDIERS TO NOT SHARE DRINKS OR PERSONAL ITEMS WITH ANYONE, LIKE LIP BALM, TOOTHBRUSHES, RAZORS, ETC.

2.F. (U) HAVE YOUR SOLDIERS PRACTICE GOOD HEALTH HABITS; THEY NEED TO EAT A BALANCED DIET, GET PLENTY OF REST, GET REGULAR EXERCISE, AND MANAGE THEIR STRESS. FOR ADDITIONAL GUIDANCE, CONTACT UNIT MEDICAL PERSONNEL.

3. (U) ADENOVIRUS MOST COMMONLY CAUSES RESPIRATORY ILLNESS THAT IS EASILY SPREAD AMONG MILITARY PERSONNEL, ESPECIALLY AMONG SOLDIERS IN CLOSE QUARTERS. MOST INFECTIONS ARE MILD AND REQUIRE NO THERAPY OR ONLY SYMPTOMATIC TREATMENT. ADENOVIRUSES CAN ALSO CAUSE GASTROINTESTINAL ILLNESS AND EYE INFECTIONS.

4. (U) POCS: MR. PAUL REPACI, COM: 703-681-2949, DSN: 761-2949, EMAIL: PAUL.REPACI@AMEDD.ARMY.MIL; COL SCOTT STANEK, COM: 703-681-3160, DSN: 761-3160, EMAIL:SCOTT.STANEK@AMEDD.ARMY.MIL.

5. (U) EXPIRATION DATE CANNOT BE DETERMINED.

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